



Healthy Highways

Driving Families Healthy

The Need

Barriers to Family Travel on Byways

Travel to Rural Areas

The Opportunity

Four Elements of Kid Healthy Travel

- 1. Restaurants**
- 2. Recreation**
- 3. Lodging**
- 4. Retail**

One-on-one Technical Training

Restaurants



Kid Healthy Menus

Corine's

Highway of Legends Scenic Byway

Corine's
KIDS MENU
Menú de Niños
(age 10 and under)

Breakfast

- Single Egg Breakfast** \$4.89
One egg, hash browns & toast (white or wheat)
- Pancakes** \$1.99
Two mini buttermilk pancakes
- Cheese Omelette** \$3.99
Made with a splash of buttermilk pancake batter for extra fluffiness & filled with cheese. Served with a side of grilled hash browns
- Mini Universal Burrito** \$2.99
A soft scrambled eggs with hash browns wrapped in a 6" tortilla topped with lettuce and tomato (red or green chili is optional)

Healthy Sides

- Orange Slices \$1.25
- Apple Sauce \$1.25
- Steamed Mixed Vegetables \$1.25
- Mini Green Salad \$1.25

Lunch and Dinner
(small milk or juice included - no refills)

- Bean & Cheese Burrito** \$4.79
Served with rice and whole beans
- One Taco** \$4.79
Your choice of beef or chicken served with rice and whole beans
- Quesadilla** \$4.89
Non-spicy. Chicken or beef with cheese on a 6" white tortilla. Served with a side of whole beans
- Gordo** \$2.99
One rolled soft chicken taco on a flour tortilla served with small sides of sour cream and guacamole
- Tostada** \$4.89
Your choice of beef, chicken or whole bean topped with lettuce, tomato and olive slices
- Beef Slider** \$4.99
Hand-made patty served on slider bun. Optional side of fresh veggies
- Grilled Cheese Sandwich** \$3.99
Served with one healthy side
- Corn Dog** \$3.99
With one side of french fries or mashed potatoes and small soft drink
- Chicken Strip** \$4.99
With one side of french fries or mashed potatoes and small soft drink

Dessert

- Kids Sundae** \$2.95
- Kids Cone** \$1.25

Color Key:
verde - green
púrpura - purple
amarillo - yellow
anaranjado - orange

HEALTHY HIGHWAYS
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Healthy Highways selections subscribe to USDA dietary guidelines helping Americans aged 2 and older make informed food choices. Visit ChooseMyPlate.gov. Healthy Highways is a Colorado Byway's program with technical training funded in part by the NCEM program of USDA.

All Gon Restaurant



KID'S MENU

 **Kid Healthy Spaghetti & Red Sauce** \$3.99
Add a meatball - 50¢

Mac N Cheese \$3.99

 **Bowtie Pasta** \$3.99
Choose Butter, Plain, or Kid Healthy Olive Oil

 **Personal Pizza** \$5.99
Kid Healthy 6" wheat tortilla topped with pizza sauce, part-skin mozzarella cheese

OR
Regular pizza crust topped with pizza sauce and part-skin mozzarella cheese
Choose ONE of the following toppings:
pepperoni, ham, beef, sausage, pineapple, bell pepper, olives, mushrooms, onions, green chile.
Additional toppings 50¢ each.

Bread with 2 Cheeses \$2.29

 **Kid Healthy Baked Chicken Nuggets & Tater Tots** \$4.49

 **Kid Healthy Bean & Cheese Burrito** \$4.99

Homemade pinto beans and part-skin cheese wrapped in a whole wheat tortilla. Topped with lettuce and tomato, served with Spanish rice.

 **Kid Healthy Chili & Tortilla** \$4.49
Mild homemade chili served with a whole wheat tortilla
Add cheese - 50¢

 **Kid Healthy Bowl of Soup** \$3.95
Kid Healthy Cup of Soup \$2.95

 **Kid Healthy Sides**

Salad Bar (ask wait staff for dish)
Cucumbers, grape tomatoes, cottage cheese, bell peppers, ripe or green olives, peas, kidney beans, fruit salad
\$1.00

Fruit Cup
Peaches, pears, mandarin oranges, tropical fruit
\$1.00

Trail mix \$1.00

Yogurt - plain \$1.00 with fruit \$1.49

 **Kid Healthy Beverages**

Low-fat Milk \$1.79
Low-fat Chocolate Milk \$1.79
Fruit Juice - ask for flavor(s) \$1.49
Milk Shake or Fruit Smoothy made with low-fat milk \$3.00

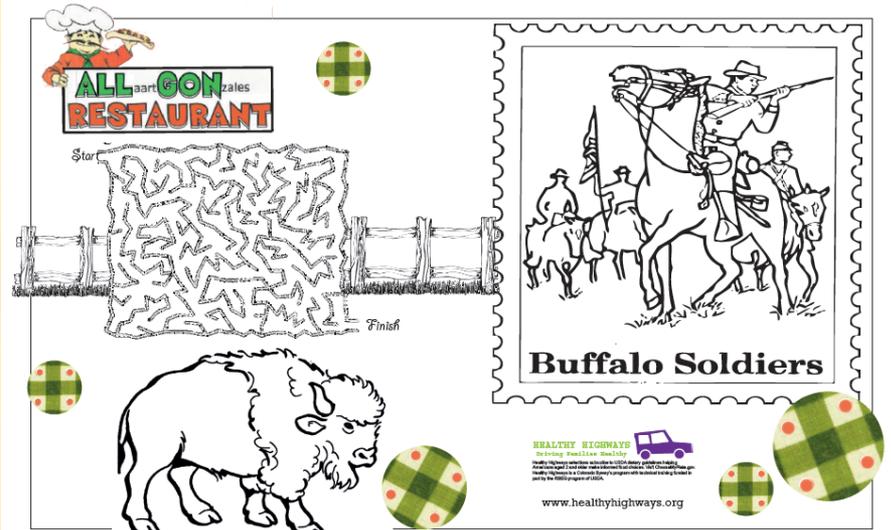
Also Available

Whole Milk \$1.49
Small Soft Drink \$1.29
Sprite, Root Beer, Dr. Pepper, Coke, Diet Coke, Fanta Orange, Lemonade
Small Drink - Iced Tea or Raspberry Iced Tea \$1.29

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www.healthyhighways.org

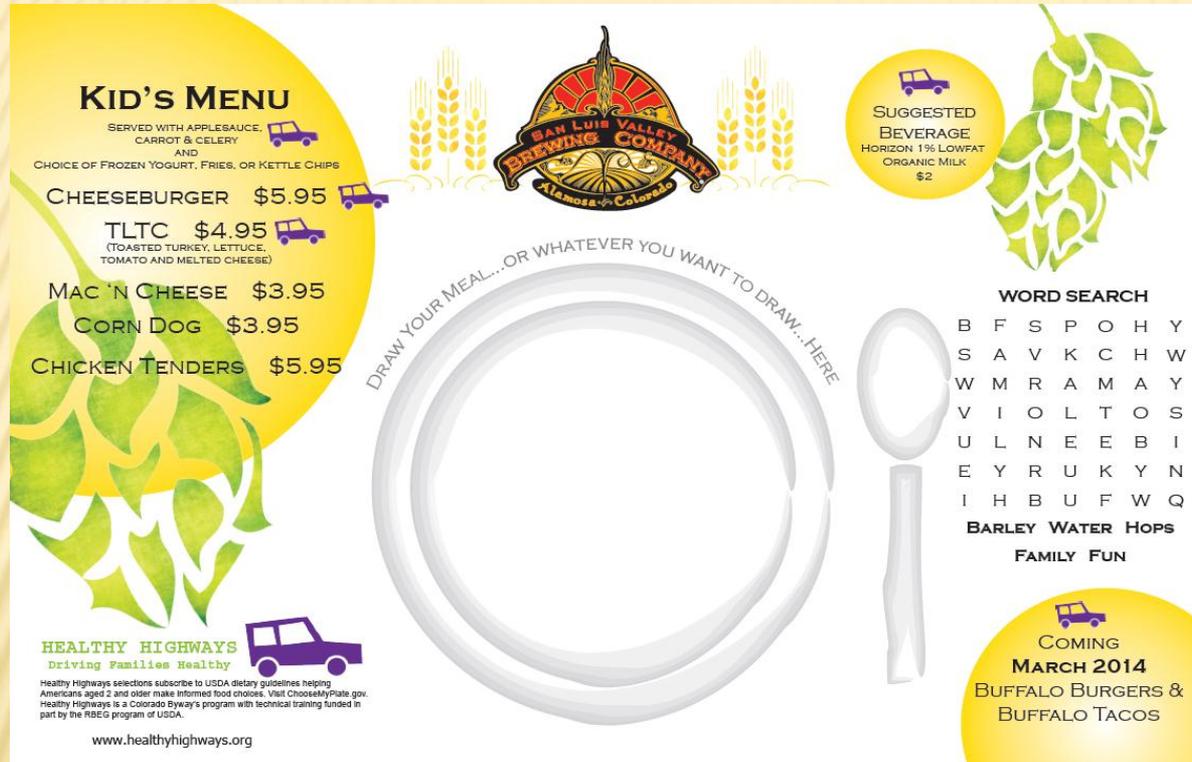


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Los Caminos Antiquos Scenic Byway

SLV Brewing Company



KID'S MENU
SERVED WITH APPLESAUCE, CARROT & CELERY AND CHOICE OF FROZEN YOGURT, FRIES, OR KETTLE CHIPS

- CHEESEBURGER \$5.95
- TLTC \$4.95 (TOASTED TURKEY, LETTUCE, TOMATO AND MELTED CHEESE)
- MAC 'N CHEESE \$3.95
- CORN DOG \$3.95
- CHICKEN TENDERS \$5.95

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SAN LUIS VALLEY BREWING COMPANY
Alamosa, Colorado

SUGGESTED BEVERAGE
HORIZON 1% LOWFAT ORGANIC MILK \$2

WORD SEARCH

B	F	S	P	O	H	Y
S	A	V	K	C	H	W
W	M	R	A	M	A	Y
V	I	O	L	T	O	S
U	L	N	E	E	B	I
E	Y	R	U	K	Y	N
I	H	B	U	F	W	Q

BARLEY WATER HOPS
FAMILY FUN

COMING MARCH 2014
BUFFALO BURGERS & BUFFALO TACOS

DRAW YOUR MEAL...OR WHATEVER YOU WANT TO DRAW...HERE

Los Caminos Antiguos Scenic Byway

Delicious Orchards



Kid Healthy Menu

BREAKFAST

LOCAL ORGANIC APPLE PANCAKES (GLUTEN FREE)
with house-made with organic fruit syrup, with a side of organic seasonal fruit and 8 oz Big B's organic juice

BREAKFAST TACO
with farm raised organic eggs and local cheese served with side of local organic seasonal fruit and 8 oz Big B's juice

TWO FARM RAISED ORGANIC EGGS AND TOAST
with side of local organic flat-grilled breakfast potatoes and 8 oz Big B's organic juice

YOGURT WITH HOUSE-MADE GRANOLA
with seasonal organic fruit and 8 oz Big B's organic juice

LUNCH

HOUSE-MADE ORGANIC HUMMUS DIP
with seasonal organic vegetable sticks and 8oz Big B's organic juice

LOCAL ORGANIC FRUIT PLATE
with organic yogurt dipping sauce and 8 oz Big B's organic juice

CHEESE QUESADILLA
all natural turkey with house-made organic pasta and choice of seasonal organic fruit, house made pasta salad with seasonal vegetables or house made organic tomato salad and 8 oz Big B's organic Juice

TURKEY WRAP
made with homemade tortilla (white or wheat) local cheese and local organic salad greens and choice of seasonal organic fruit, house made pasta salad or house made organic tomato salad and 8 oz Big B's organic Juice



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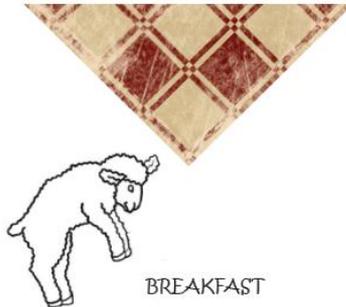
Healthy Highways selections subscribe to USDA's new guidelines helping Americans aged 2 and older make informed food choices. Visit ChooseMyPlate.gov

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www.healthyhighways.org

**West Elk
Loop
Scenic
Byway**

The Living Farm Cafe



BREAKFAST

TOAD IN A HOLE

Homemade whole wheat bread with an egg cooked into the middle, served with fresh apple

KIDS' FRENCH TOAST

Whole wheat toast, egg washed, and covered in honey sweetened peach and strawberry sauce

APPLE MOUSE PANCAKE

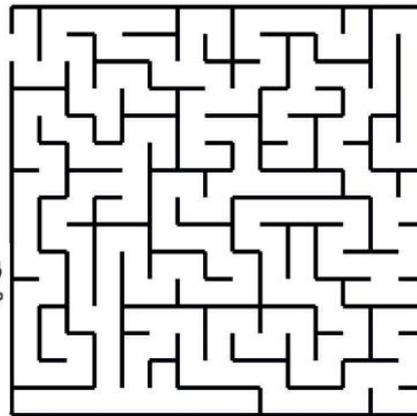
Whole grain gluten free pancake with fresh apples cooked in, in the shape of Mickey Mouse

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LUNCH AND DINNER

KID VEGAN'S DELIGHT

Seared risotto cake, sautéed seasonal vegetables and beets with pinto beans and a mild curry sauce

LAMB NACHOS

Homemade corn chips with pulled grass-fed, lean lamb-braised, organic cheddar, pinto beans, and shredded lettuce

KID BURGER

Homemade sesame seed bun, grass fed beef patty, cheddar or local goat cheese optional, served with a side of apple fries

KID CHICKEN POT PIE

Roasted free range chicken breast, carrot, celery, potato in chicken au jus, nestled in a homemade pie shell

SPAGHETTI AND MEATBALLS

Made from scratch to order using whole wheat Mac noodles, real organic cream and cheeses. Carrot sticks and fruit or veggie on the side



West Elk Loop National Scenic Byway

Two Sisters Restaurant

Two Sisters KID'S MENU



ALL BREAKFASTS SERVED
W/ FRESH FRUIT

French Toast \$2.95

Mickie Mouse Pancake \$2.95

Oatmeal \$2.50 

*1 Link or 2 Bacon Breakfast, served w/ 1 Egg,
Hash Browns, & Toast \$4.95

ALL DINNERS SERVED W/ FRESH
VEGGIE BLEND & 1 SIDE

Grilled Cheese \$4.25

All Beef Hot Dog \$4.25 

 * 4oz. Buffalo Burger \$4.95 

 * 4 oz. Buffalo Cheeseburger \$5.25 

* 4 oz. Hamburger \$4.95

* 4 oz. Cheeseburger \$5.25

Macaroni & Cheese \$3.95

* Chicken Smiles w/ Toast
& Dipping Sauce \$4.95 

* Taco (hard or soft shell) \$4.95

*Spaghetti w/ 1 Meatball & Toast \$4.95

SIDES: Fruit cup, apple sauce,
cottage cheese, salad, fresh fruit 

OTHER SIDES: regular or sweet potato fries, and chips

* CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY
OR EGGS MAY INCREASE YOUR RISK OF
FOOD BORNE ILLNESS

WEDNESDAY NIGHTS 5:00 P.M. - CLOSE

2 KID MEALS FREE

WITH THE PURCHASE OF 1 ADULT ENTRÉE

KIDS AGES 10 & UNDER

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part by the HHSO program of USDA.

Gold Belt Tour National Scenic Byway

Facebook



Healthy Highways

138 likes · 3 talking about this

 Like

 Follow

Message



Travel Agency

Healthy Highways is a Colorado Scenic Byways Program, dedicated to providing young families with interesting ideas for outdoor recreation, healthy eating and traveling to places with kid-friendly lodgings and retail shops.

[About](#) - [Suggest an Edit](#)



Photos

 138

Likes

Website

The screenshot displays the 'Healthy Highways' website interface. At the top, there is a navigation bar with a menu icon, a search icon, the 'Healthy Highways' logo, and a 'PLAN YOUR TRIP' button. Below this is a modal window titled 'Healthy Highways' with a close button (X). The modal contains a table of search results for various routes, categorized by distance, shopping, healthy food options, lodging, kid-friendly activities, and stops/restrooms. Below the table is a 'See More Routes' button with a right-pointing arrow. At the bottom of the modal, there are three columns of text: a quote about 'Kid-Healthy' family vacations, a tweet from John Smith, and a placeholder for more sample text.

Route Name	Distance	Shopping	Healthy Food Options	Lodging Options	Kid Friendly Activities	Stops, Restrooms, etc.
Sante Fe Trail	250 mi	1 icon	1 icon	1 icon	1 icon	1 icon
Highway of Legends	307 mi	2 icons	2 icons	2 icons	2 icons	2 icons
Gold Belt Trail	450 mi	2 icons	2 icons	2 icons	2 icons	2 icons
West Elk Loop	65 mi	1 icon	1 icon	1 icon	1 icon	1 icon
Los Caminos Antiguos	93 mi	2 icons	2 icons	2 icons	2 icons	2 icons
Los Caminos Antiguos	122 mi	1 icon	1 icon	1 icon	1 icon	1 icon

See More Routes

"Scenic Byways Unite for "Kid-Healthy" Family Vacations"
Denver, Colo. (Feb. 22, 2013) -
Health-conscious families looking for ways to
explore nature-based travel in Colorado...
(see more)

John Smith @johnsmith
I can't believe how much my family and I
had at West Elk Loop! What a blast!
#healthyhighways
(see more)

More Sample Text Goes here. More sample text
goes here. More sample text goes here.
(see more)

RESULTS PAGE
(AFTER "PLAN YOUR TRIP" SEARCH)

Secret Shoppers

Seeking Partners in Recreation

PUBLIC RELATIONS

- × Develop distribution list and contacts
- × Content-press release
- × Press trip

DISTRIBUTION LIST

- ✘ Focused on bloggers, magazine, newspapers, internet sites
- ✘ Topics included families, food, and activities

CONTENT

- ✘ Release – Five Colorado Scenic Byways Unite for “Kid-Healthy” Family Families

PRESS TRIP

- ✘ Highway of the Legends
- ✘ Dates: July 10-13

- ✘ The West Elk Loop Byway “Kid-Healthy”
Take A Hike Press Trip
- ✘ Dates: August-October

WORKING WITH FAMILIES IS DIFFERENT

- ✘ Understand the families needs and expectations
- ✘ Make the trip easy
- ✘ Include web sites and social media outlets in the agenda
- ✘ Schedule time with the family on their first day to go over agenda and maps
- ✘ This is the time for your Byway to shine

WHAT WORKED/WHAT DIDN'T

✘ Didn't work

- + Family photos
- + List of activities/restaurants/lodges
- + Detailed content from each byway

✘ Worked

- + Generated great interest
- + Placement in the Dallas Morning News and Childmode